

Weekly Challenge

This week we are looking for you to work on your core strength by doing some burpees. We would like you to put in 5 minutes worth of practise every day as well as a timed 30 second press up challenge at the end. There are some pictures below to show you what a step up looks like.

Important things to know:

- Start by standing upright, with feet shoulder width apart.
- Bend your knees and keep your back straight, hands touching the ground.
- Then you need to jump your legs backwards, so they are straight.
 - Then jump to bring them back to a bent position.
 - Jump to stand up and stretch.
 - Repeat.



Name:

School:

Year:

Record your results below and send the below results to the following email with a chance to win a prize when we return to school!

Pchadwick@vale-academy.org

Day	Burpees in 30 seconds
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Thanks everyone. Stay safe and keep doing PE!

Mr Chadwick and Mrs Lawton